Idaho Health

Grades 6, 7, 8

Adopted 2010

Comprehend Core Concepts

1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.

1. Analyze the relationship between behaviors, body systems, and personal health. 6-8.H.1.1.1
2. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. 6-8.H.1.1.2
3. Analyze how the environment affects personal health. 6-8.H.1.1.3
4. Describe how family history can affect personal health. 6-8.H.1.1.4
5. Describe ways to reduce or prevent injuries and adolescent health problems. 6-8.H.1.1.5
6. Explain how appropriate health care can promote personal health. 6-8.H.1.1.6
7. Describe the benefits of and barriers to practicing healthy behaviors. 6-8.H.1.1.7
8. Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 6-8.H.1.1.8

Analyzing Influences

1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

1. Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors. 6-8.H.2.1.1
2. Analyze the influence of media and technology on personal and family health. 6-8.H.2.1.2
3. Explain how the perceptions of norms influence healthy and unhealthy behaviors. 6-8.H.2.1.3
4. Explain the influence of personal values and beliefs on individual health practices and behaviors. 6-8.H.2.1.4
5. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. 6-8.H.2.1.5

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6. Explain how school and public health policies can influence health promotion and disease prevention. 6-8.H.2.1.6

Accessing Information

1.1: Students will demonstrate the ability to access valid information and products and services to enhance health.

1. Analyze the validity of healthy information, products, and services. 6-8.H.3.1.1
2. Access valid health information from home, school, and community. 6-8.H.3.1.2
3. Locate reliable and valid health products and services and determine accessibility. 6-8.H.3.1.3
4. Describe situations that may require professional health services. 6-8.H.3.1.4

Interpersonal Communication

1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

1. Apply effective verbal and nonverbal communication skills to enhance health. 6-8.H.4.1.1
2. Demonstrate refusal and negotiation skills that avoid or reduce health risks. 6-8.H.4.1.2
3. Demonstrate effective conflict management or resolution strategies. 6-8.H.4.1.3
4. Demonstrate how to ask for assistance to enhance the health of self and others. 6-8.H.4.1.4

Decision Making

1.1: Students will demonstrate the ability to use decision-making skills to enhance health.

1. Identify circumstances that can help or hinder healthy decision-making. 6-8.H.5.1.1
2. Determine when health-related situations require the application of a thoughtful decision-making process. 6-8.H.5.1.2
3. Distinguish when individual or collaborate decision-making is appropriate. 6-8.H.5.1.3
4. Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 6-8.H.5.1.4
5. Predict the potential short-term and long-term impact of each alternative on self and others. 6-8.H.5.1.5
6. Choose healthy alternatives over unhealthy alternatives when making a decision. 6-8.H.5.1.6
7. Analyze the outcomes of a health-related decision. 6-8.H.5.1.7

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Students will demonstrate the ability to use goal-setting skills to enhance health.

1. Assess personal health practices. 6-8.H.6.1.1
2. Develop a goal to adopt, maintain, or improve a personal health practice. 6-8.H.6.1.2
3. Apply strategies and skills needed to attain a personal health goal. 6-8.H.6.1.3

Practice Healthy Behavior

1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

1. Explain the importance of assuming responsibility for personal health behaviors. 6-8.H.7.1.1
2. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. 6-8.H.7.1.2
3. Demonstrate behaviors that avoid or reduce health risks to self and others. 6-8.H.7.1.3

Advocacy

1.1: Students will demonstrate the ability to advocate for personal, family, and community health.

1. State a health-enhancing position on a topic and support it with accurate information. 6-8.H.8.1.1
2. Demonstrate how to influence and support others to make positive health choices. 6-8.H.8.1.2
3. Work cooperatively to advocate for the health of individuals, families, schools and the community. 6-8.H.8.1.3
4. Identify ways in which health messages and communication techniques can be altered for different audiences. 6-8.H.8.1.4